

Learning Flow

Health and Relationships Education -T1 What is the same and different about us?

What do we already know?

Topic Page - Prior knowledge,
What do we already know?
What questions do we have?

Books

We are all Wonders by R J Palacio
Can I Build Another Me? By Shinsuke Yoshitake
I like Bees, I don't like Honey! by Fiona Lumbers
You Choose series by Pippa Goodhart & Nick Sharratt
All Are Welcome by Alexandra Penfold & Suzanne Kaufman
Can I join your club? by John Kelly
Super Duper You by Sophy Henn

What are our strengths?

What they like/dislike and are good at? What makes them special and how everyone has different strengths

What are your unique strengths?

How their personal features or qualities are unique to them

How are we different to each other?

How they are similar or different to others, and what they have in common

How can we keep ourselves safe?

Use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private.

What do we know now - how can we use it? The purpose

How can we show what we have learned?

Learning Flow

Health and Relationships Education -T2 Belonging and Acceptance

Topic Page - Prior knowledge, What do we already know? What questions do we have?

What is belonging and acceptance?

recognise the ways they are the same as, and different to, other people

What is belonging and acceptance?

This is our world by Tracey Turner
We are all neighbours by Alexandra Penfold

How to treat others

about how to treat themselves and others with respect; how to be polite and courteous

How to treat others

show to listen to other people and play and work cooperatively

What is bullying?

That hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; How to report bullying; the importance of telling a trusted adult

What do we know now - how can we use it? The purpose

How can we show what we have learned?

Learning Flow

Health and Relationships Education - T3 Who is special to us?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

Who is in my family?

The most precious gift in the world

UBy Smriti Halls & Ali Py

Family and Me by Michaela Dias-Hayes

Hey You by

What groups do we belong to?

that family is one of the groups they belong to, as well as, for example, school, friends, clubs

How do families show they care?

about the different people in their family / those that love and care for them

what their family members, or people that are special to them, do to make them feel loved and cared for

How are families different?

how families are all different but share common features - what is the same and different about them, about different features of family life, including what families do/ enjoy together

What should we do if we are unhappy?

that it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried

What do we know now - how can we use it? The purpose

How can we show what we have learned?

Learning Flow

Health and Relationships Education -T4 What helps us stay healthy?

Online safety unit in Computing this term

Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

We eat bananas by Katie Abey

What does being healthy mean?

What is a healthy lifestyle? What should we do to help them to stay healthy (e.g. parent, dentist, doctor)

What can we do?

Why hygiene is important and how simple hygiene routines can stop germs from being passed on what they can do to take care of themselves on a daily basis, e.g. brushing teeth and hair, hand washing

What can we do?

Why being active and regular exercise is important, the importance of balance between screen time and physical activity, the importance of being outside and getting enough sleep on physical and mental wellbeing.

Medicines

How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy

What do we know now - how can we use it? The purpose

How can we show what we have learned?

Learning Flow

Health and Relationships Education - T5 How can we look after each other and the world?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

Old Enough to Save the Planet by Anna Taylor & Loll Kirby & Adelina Lirius
10 things I can do to help my world by Melanie Walsh

What is kind or unkind behaviour?

How can kind and unkind behaviour can affect others? How can we be polite and courteous? How do we play and work co-operatively?

Looking after our world.

What responsibilities do they have in and outside of the classroom?

Old enough to save my planet- Book.

How do humans and animals need to be cared for?

What do animals need to survive? What would happen if they didn't get these things? How can we help look after animals? How do we know what they need? What do your grownups do to care for you?

How do people grow and change?

What babies need and compare to the needs of people at different stages of the life cycle.

Read a story, such as The Growing Story - pupils identify and discuss the messages in the story.

How to manage change.

Talk about how as we grow we also have to go through other changes. What changes will they see happening in school? Will we have worries? Is this okay? What can we do if we are feeling worried?

Learning Flow

Health and Relationships Education - T6 - Who keeps us safe?

Topic Page - Prior knowledge, What do we already know? What questions do we have?

Books

Roles in our community

People have different roles in the community to help them (and others) keep safe - Explore the jobs they do and how they help people.

Who can help me when I'm not at home?

Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say

How to get help

How to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say

How should we respond to strangers?
How to respond safely to adults they don't know.

How to get support.

what to do if they feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard.